

Homestyle Cajun Beans with Cornbread Toast

The flavors of a southern backyard BBQ in a no-fuss dinner. We're serving Southern-style beans over cornbread toast, then topping it with a classic coleslaw. It's the kind of comfort food we can't resist.

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cabbage and
Carrots
Coleslaw Dressing
Cajun Beans
Cornbread

Make The Meal Your Own

Cooking with a picky eater? Serve the slaw on the side and offer ketchup as well.

Leftovers Tip – If you have extra beans, reheat them in a skillet with a little water (or barbecue sauce) and add your favorite protein (we like chicken or tofu). Serve in a tortilla as a fusion taco topped with any extra slaw.

Want to put a twist on your slaw? Toss the cabbage and carrots with your favorite vinaigrette instead of the coleslaw dressing.

Good To Know

Health snapshot per serving – 540 Calories, 20g Fat, 30g Protein, 18 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beans, Cabbage, Cornbread, Carrots, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 375.

*You can skip this step if
you have a toaster oven.*

2. Mix the Coleslaw

Put the **Cabbage & Carrots** into a large mixing bowl with the **Coleslaw Dressing**. Toss well, then put into the refrigerator to chill for at least 30 minutes.

3. Cook the Beans

Heat 2 TBSP vegetable oil in a large skillet over medium-high heat. Add the **Cajun Beans** and cook for 4 to 5 minutes, then add 1 ½ cups of water. Bring to a boil, and then reduce the heat to a simmer. Cook uncovered, until thickened, about 5 to 6 minutes. Season with salt and pepper to taste.

4. Toast the Cornbread

Slice the **Cornbread** into pieces and toast in a conventional or toaster oven. Bake until the cornbread is lightly golden and crispy at the edges, about 5 minutes in a traditional oven or 2 to 3 minutes in a toaster oven.

5. Put It All Together

Serve the beans over the cornbread and top with the slaw. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *